

peripheral bed combine to make the ascending aorta and arch most vulnerable to the increased tension caused by physical exertion, or by an emotional surge with particularly disastrous result if the part of the aortic wall in this area is weakened by syphilis or atherosclerosis. The author then goes on to discuss the biological importance of structural fatigue and the stress factor in the development of aneurysms.

This monograph, a scientific classic, affords fascinating reading to the surgeon, clinician, pathologist and medical student. It presents in a concise and crystal clear manner the very newest of concepts in the surgery of the vascular system.

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PSYCHOCUTANEOUS MEDICINE—Maximilian E. Obermayer, M.D., Clinical Professor and Chairman of the Department of Dermatology, USC School of Medicine, Charles C. Thomas, Publisher, Springfield, Ill., 1955. 487 pages, \$9.75.

In a few more than 400 pages, Doctor Obermayer has furnished a milestone on the road to the understanding of psychocutaneous disease relationships, and he has done it in an extremely readable, orderly and well-documented fashion.

The subject matter is divided into three parts, the first of which deals with mechanisms of the interplay between the nervous system and the skin. The second portion concerns the various dermatoses which have major psychic components such as the phobias, stigmatization, neurodermatitis and hyperhidrosis and those diseases which have secondary associated psychic or neurotic factors such as lupus erythematosus.

The final portion considers the diagnostic and therapeutic approach to dermatoneuroses. In this area, psychiatric aids are used frequently, although Obermayer stresses that the primary treatment is in the hands of the dermatologist if possible. Though specific treatment programs are not defined, general principles are well presented.

The author has succinctly summarized and evaluated literally hundreds of the most significant and pertinent articles appearing in contemporary literature. With this material he has presented a broad base on which the reader may form his own opinion on many of the diseases discussed. Doctor Obermayer's extensive personal experience is called upon frequently, but in its proper perspective. His is a sound, well-oriented, middle-of-the-road viewpoint on psychocutaneous disease.

The publishing is excellent, and there are numerous photographs. One of the best features is the unusually comprehensive bibliography occupying 40 pages at the end of the book.

This is certainly the best work of its kind and should do much to help the skeptics develop a reasonably tolerant approach to psychocutaneous medicine.

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HIGH BLOOD PRESSURE—George White Pickering, M.A., M.B. (Cantab.), M.D. (Ghent), F.R.C.P., Professor of Medicine in University of London, Physician to St. Mary's Hospital, London. Grune & Stratton, New York, 1955. 547 pages, 106 illustrations, \$9.50.

Professor Pickering is admirably qualified to write on high blood pressure, having worked in this field for more than 20 years with patients and in the experimental laboratory. As expected, he presents both practical and fundamental information in this monograph, which is a model of sound thinking and clear writing. Much attention is devoted to essential hypertension, which is regarded as a designation which "represents that section of the population having arterial pressures above an arbitrarily defined value, and having no other disease to which the high pressure can be attributed. If secondary hypertension is excluded, there is

no evidence that high pressure is qualitatively different from normal arterial pressure; the difference is not of kind but of degree."

In addition to the central purpose, that of considering the pathogenesis, course and management of essential hypertension, Pickering thoroughly presents discussions on high blood pressure in association with glomerulonephritis, pyelonephritis, coarctation of the aorta, pregnancy, adrenal disorders, and other conditions. Addressed to students, scientists and practitioners of medicine, this book admirably fulfills its purpose and is worthy of the highest recommendation.

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THE RESTRICTED SODIUM DIET—Compiled under the Supervision of the Diets and Dietary Products Committee of the Los Angeles County Heart Association. Elizabeth Reisinger, Editor. Los Angeles County Heart Association, 316 South Bonnie Brae Street, Los Angeles 57, 1955. 64 pages. Available through any County Heart Association.

The small booklet is a collection of aids to one forced to adjust a kitchen to the rigid demands of a low sodium diet. There are included a brief explanation of physiological principles for the lay person, a section on general instructions, a group of appropriate diets, many enticing recipes, hints to help solve the problem of dining out, suggestions for the lunch box, an analysis of the sodium contents of various foods and wines, and a list of approved low sodium foods commercially prepared, including advice where these may be obtained.

The diets are arranged according to the limitations of a 300 mgm., 800 mgm., and 1,500 mgm. daily sodium intake. Each of these in turn can be adjusted for either an unlimited caloric intake or for a 1,200 calorie maximum. A very convenient substitution system makes variation of the menu simple.

The Los Angeles County Heart Association enlisted the aid of a well trained dietitian, Elizabeth Reisinger, in the preparation of this booklet. They are to be commended for helping to minimize the often disrupting effect of a low sodium sentence upon a household.

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HEALTH AND WELFARE PLANS—Labor-Management Negotiated—Northern California as of May 1, 1954. A report prepared jointly by the Division of Labor Statistics and Research, California Department of Industrial Relations and the Department of Preventive Medicine, Stanford University School of Medicine. Printing Division, Documents Section, Sacramento 14, Calif. 71 pages, 50 cents, plus 2 cents sales tax.

The factual study made by the Division of Labor Statistics and Research of the California Department of Industrial Relations in cooperation with the Department of Preventive Medicine, Stanford University Medical School with regard to the types and varieties of Labor-Management Health and Welfare Plans in Northern California as of May 1, 1954, deserves the attention of any group interested in this problem. The book should be carefully studied, particularly by the various and sundry county medical societies which are faced with the problem of servicing these plans in their respective areas. There is no recommendation made in this study, but the facts as presented speak for themselves. It is the most complete and factual study of this entire problem that has ever been made in the State of California and a great deal of credit should be given to the various and sundry people who accumulated the published data and who were able to present it in such an abstract factual manner. I strongly urge that copies of this material should be obtained by the Medical Services Commissions of each of the constituent medical societies in the State of California.